



## OTTAWA ROWING CLUB

### Athlete Fitness Centre Regulations, Code of Conduct and Privileges

I \_\_\_\_\_, agree to abide by the following regulations and code of conduct of the Carleton University Fitness Centre.

**OTTAWA ROWING CLUB Athletes will have access to the Fitness Centre, and the equipment located within the FC under the following conditions:**

- No more than 6 individuals may be present in the Fitness Centre (FC) facility at any one time
- Athletes must swipe in with their individual access cards to gain entrance through the Welcome Centre (WC) and into the FC – proof of membership is the responsibility of the athlete.
- Athletes are responsible for replacement of any lost or stolen cards. A fee of \$25 will be charged for any card replacement
- Athletes must sign-in for the use of all Cardio equipment and follow the sign-in rules
- Athletes are to use the equipment within the manufactures specified limitations as deemed fit by the FC administrator (ex. Speed and ramp height, etc.)
- FC facilities are designated as individual freelance training use only – team training and/or coaching is not permitted.
- Athletes must be respectful of other patrons desire to use equipment and athletes must not monopolize any piece of equipment or any area of the FC.
- Athletes must follow directions of the FC supervisory staff with regard to use of equipment and enforcement of regulations
- Athletes are expected to wear proper gym attire, indoor shoes designed for exercise (ex. Running shoes)
- Athletes are not permitted to bring bags or jackets into the FC – items will also not be stored at the FC.
- Inappropriate behaviour and/or any abuse or misuse of equipment will result in a loss of privileges

**SIGNED THIS** \_\_\_\_\_ day of \_\_\_\_\_, 20\_\_\_\_, at Ottawa Ontario.

\_\_\_\_\_  
Signature of Participant

\_\_\_\_\_  
Signature of Witness

\_\_\_\_\_  
Printed Name of Witness, Address and Phone Number